

SNACKS



Healthy Ideas for Snacks and Refreshments for Meetings and Community Events

The Bay County Health Department promotes and supports healthy eating. Next time you have a staff meeting or you are asked to provide refreshments for a community event or meeting break away from the same old junk-foods, and try offering these healthier options. Not only do these foods taste great, but your heart and your waistline will thank you!

Morning	
UNHEALTHY SNACKS	HEALTHY CHOICES
Donuts, cinnamon rolls and other pastries	Fruit tray, low-fat yogurt with low-fat granola, low-fat granola bars, "healthy" breakfast bars (low-fat, low-sugar), trail mix (no chocolate pieces), bagel halves with cream cheese
Regular and jumbo muffins	Healthy Mini-Muffins – low fat and high fiber
Coffee, regular sodas, sweet tea, imitation juice drinks	Water, Skim Milk, 100% Fruit Juice, V-8
Afternoon and Evening	
UNHEALTHY SNACKS	HEALTHY CHOICES
Pizza, fried chicken, hot dogs, chips and dip (including imitation cheese dip) - if hot dogs or pizza are unavoidable, use low-fat (turkey) dogs, wheat buns, mustard no mayonnaise and thin-crust veggie pizza	Baked/BBQ chicken, subs or a cold cut tray with whole wheat buns; lettuce, tomato, pickle and onion tray; no mayonnaise, meat roll-ups, pretzels, veggie tray, cheese and whole-grain crackers, pita bread with hummus or spinach and artichoke dip, baked tortilla chips with salsa, cold three bean salad
Donuts, cookies, brownies, cakes, cupcakes	Fruit bowl, light or low-fat popcorn, nuts (any variety), Chex Mix or Trail Mix
Regular soda, punch, sweet tea	Water, Skim Milk, 100% Fruit Juice, V8, Diet Sodas or Unsweetened Tea